

Fundamental Gymnastics--4. (Miss Sanderson)

intensity makes for perfection.) There should be enough old work in the lesson to interest the pupils and enough new to appeal to them.

Speed in a beginners' class should be faster than in the advanced class, (gives more leverage, helps in balance exercises). Also less flexible pupils would reach the maximum distance first if the exercises were taken more slowly. They might even attempt to wait for the more flexible pupils and lose the momentum.

The rhythm should be chosen to suit the majority.

Principles in Progression:

1. Narrowing of the base.
2. Raising the centre of gravity.
3. Fixation of parts of the body through starting positions.

It is easier to do chest raising from back grasp bow sitting position than erect standing. Fixation of parts of the body localizes the force of the movement, e.g. arms swing trunk twisting from 1. standing; 2. kneeling; 3. on hands and knees. Trunk springing with arms over head or neck rest, trunk springing with arms grasping ankles.

4. Speed is slower for the more advanced class.
5. Choice of starting positions involving restricted joint action, e.g. exercises from long sitting position are difficult for a non-flexible pupil.
6. Increase in the number of parts of the body moved.
7. Increase in weight leverage.

Weak Foot Muscles:

The treatment of weak foot muscles has much to do with the correction of poor posture. Hopping is very beneficial to strengthen foot muscles, also toe touching, knee bending and exercises for flexibility which stretch the tendon of Achilles. Most important are exercises where the feet grip the floor for balance and support, in exercises where the arms are used as long levers during twistings, etc.

DEPARTMENT OF RECREATIONAL AND PHYSICAL EDUCATION.

GOVERNMENT OF BRITISH COLUMBIA.

FUNDAMENTAL GYMNASTICS.
JUBILEE GYMNASTIC PROGRAMME.

1. Hopping to take positions.
2. Hopping with double armstretching up-sideways-forward, and down.
3. Free armswing, (4) armcircling with jump to astride - backcircle to neck rest.
4. Sidebending with single armstretching to touch ankles. (4)
5. Too light and one deep hop.
6. Through hand squat sitting, leg stretching upward-sideways, and backward. (4)
7. Arm bending with alternate leg raising (8)--to long sitting position.
8. Armflinging between fold and side.
9. Trunk rolling four times with armswing overhead to touch ankles. Backward roll to heel sitting position.
10. Right hand hip firm, left hand cross--armflinging and trunk twisting (4).
11. Armswinging (4) armcircling forward to knee stand and to stretch-toe stand.
12. Arm lowering with knee bending--stretching with arm raising upward, sideways, downward.

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RINGS.

Arranged by: Mr. Jerry Mathisen.

The length of the ropes from the ceiling should be about 10 feet, preferably, and the height off the floor should give about 6 inches clearance in stretch-hang position. The rings, which are made of iron, should be covered with leather.

P O S I T I O N S.

Approach Position:

When coming to a halt, see that the body is directly in line with the rings, otherwise the rings will be set in motion when grasped.

Stretch-hang:

Rings parallel, back of the hands outwards. With false grip do not take a full grip, but let the wrists rest on the rings, with the elbows turned outward.

Bend-hang:

Hanging with elbows at right angles and straight out from the sides.

Angle-hanging:

Arms straight, legs raised, knees and toes pointed; the back should not be unduly arched.

Knee-resthang:

One knee is hooked over the ring (not over the forearm), arms straight and the other leg horizontal.

Nest-hang:

The legs are raised and one foot placed in each ring and forced backward as the head and shoulders are forced forward.

Stoop-hang:

Hanging in a stretch position with head down.

Kip-position:

Legs straight and raised so that they reach behind the rings, arms straight.

Reverse-stretch-hang:

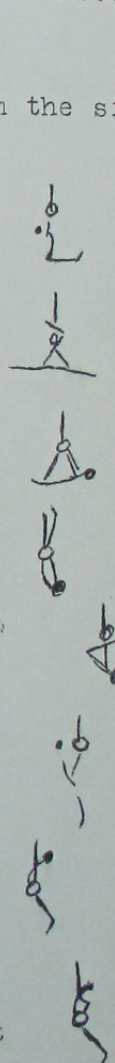
Hanging facing away from the rings, the body as straight as possible, head well up. Taken from stoop-hang or from kip-position.

Front rest position:

Rings parallel, body well stretched, palms of the hands supported against the side of the body.

Bend-stand position:


From front rest position, the arms are slowly bent until they are at right angles. The stretch position of the body must be held.



Rings--2.

Hand-Stand:

Position as usual handstand, but forearms supported against the rings and the ropes.




Back Flanch:

The body stretched and horizontal, back against the rings.


Front Flanch:

The body stretched & horizontal, facing the rings.



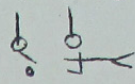
Side Lever:

Body horizontal with side against rings, supported on one arm the other arm stretched upwards. Is best taken from stoop hang by lowering body backward with twist.




Front lever with bent arms:

With elbows free, or with elbows supported in the sides.

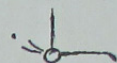


Front Lever:

The body horizontal above the rings, supported on straight arms.

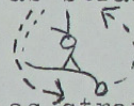


EXERCISES (HANGING)



Knee-upstart:

In knee rest position, the free leg is swung upward in preparation and forcibly towards the back so that the body, with arms as straight as possible, is brought to half sitting position.



Backward drop:

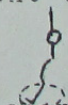
From front rest, quick fall backward with the body as straight as possible.

Circleswing:

The legs are brought forward to the side and backward and to opposite side, continue. The swing is from the lower part of the back, and an alternate pull on the arms must be exerted to prevent the ropes from twisting.

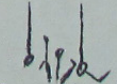
Forward Cut:

From kip position the legs are brought forward with a swing, one leg between and one on the outside of the rings. Common error is to hang on to the ring too long; if the leg is forced against the arm, the ring will be set in motion. Therefore, let the grasp go shortly before the leg touches the arm. Must be executed to both sides. (Double cut is most used as and will be described under "dismounts").



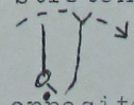
Dislocation:

Backwards. From kip position, the body is quickly stretched backwards-upwards, in the direction of the legs, and with a pull, the arms are turned outwards. Preferably to be done with arms straight, as they are brought out to the sides. May also be done from stretch hang with a preparatory pendelswing of the legs.



Dislocation:

Foreword: The same exercise may be done in the opposite way. In a backward swing, the hips are raised and the arms brought out to the sides.



Rings--3.

An inward turn of the arms will bring the body up to kip position.

Dislocation backwards, may be executed to kip position, to stoop hang, or to back flanch.

Dislocation forward, may be executed to kip position, to stoop hang or to back flanch.

Forward Roll:

From front rest, the hips are raised, the arms bent, and the body falls forward to: (1) kip position; (2) stoophang; (3) stretch hang.

With straight body, with a preparatory beat the same exercise to stoop hang.

Pull-up:

From stretch hang to front rest, secure a false grip. Pull up with the rings in front of the shoulders; as the rings are forced outwards lean body forward, through bend stand to front rest. A slight bend in the hips is permitted.

Pull-up from side lever:

From stoop hang to side lever over right arm, the left hand does not leave its grasp but brings the ring into the chest to $\frac{1}{2}$ bend stand. The weight of the body is shifted over to left arm, as the right arm is brought out to the side and forward and up to bend stand position.

Kip-upstart:

From kip position, the legs are swung back, then forward-upward-downward with a co-ordinated strong pull on the arms, to front rest. May be done with false or plain grip.

Pendel-upstart:

(1) Legs swinging free and easy from the hips so that the body is moved in the opposite direction. Simultaneously, with a forward swing of the legs, while they still have a momentum upwards, a sudden and vigorous pull on the arms takes place, and the hips are quickly stretched. Pull up to front rest position. May also be executed from front rest with a hollow-back-drop with pull up in the following forward swing of the legs.

(2) Pendelupstart may also be done in the back swing. It is easiest done from kip position by swinging the legs and the body forcefully downwards-backwards, with a quick pull of the arms to front rest position.

Reverse-upstart:

From bend-hang with a false grip, the legs are raised to kip position. Shoulders held close to the rings. The legs are shot quickly upward-backward. Rings in to the side of the hips. The hips are quickly stretched. The rings are turned outwards, and the arms are straightened to front rest position. May also be executed to handstand.

Forward roll continued:

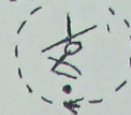
From front rest or pullup. Hips raised, arms bent, stoop forward to kip position with bent arms and false grip. As the legs are slowly lowered, the arms pull up to bend position. Continue with a steady speed.

Rings--4.

Backward roll Continued:

From kip position, with bent arms and false grip, dislocation to starting position. Continue with a steady speed.

Rings Flying.



Most of the stunts which I have described previously with the rings hanging motionless, can be executed also with the rings swinging--both forward and backward.

The most important part in doing stunts with flying rings, is to time the stunt, in such a way that the upward momentum of the body in the forward or backward extreme of the swing assists one in the execution of the stunt.

Less force is required when the rings are in motion, but more flexibility, timing, and sense of movement are required. Most movements must be made at a certain exact point in the curve of the swinging.

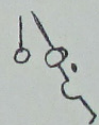
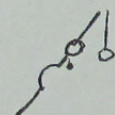
Apart from training and acquiring a good control of the body, the flying rings tend also to increase the physical courage of the person performing the stunts, more so than when the rings are motionless.

SPEED:

The gymnast's partner, while the gymnast is in stretch-hang with legs apart, catches him by the thighs, pulls him first backwards, and then on the double forward. The gymnast immediately closes his legs when his partner has passed forward underneath. (The partner grasps the gymnast's thighs from behind) line--2.

(a) Forward swing.

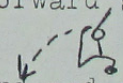
(b) Backward swing.



SWING INCREASE:

(1). The legs are raised to kip position in each backward swing, and forward and somewhat upwards at the end of the forward swing, simultaneously with a short armbending and stretching.

(2). From kip position at the end of the forward and the back swing, the legs are shot upwards to a stoop-stretch position and lowered each time to kip position.



KIP-UPSTART:

Both at the forward and backward swing, refer kip-upstart with rings hanging still.

PULL-UP: Both at the forward and the backward swing. This is learned easiest by a slight pendelswing. In the forward part of the swing, bend at the hips slightly and hold it. Relax in the centre of the curve so that the legs get a backward-upward momentum at the end of the swing which makes it easier to pull-up. With a sufficient swing, it is possible to pull-up with straight arms. "Pull-up" at the end of the forward swing the legs are raised forward-upward as the pull is exerted on the arms.

Rings--5.

REVERSE UPSTART:

Refer to previous explanation. However, when executing the reverse upstart at the end of the forward swing, great care should be taken, as it is very easy to fall into a dislocation position, whereby one might wrench the ligaments of the arms.

FORWARD ROLL:

This is best executed at the end of the forward swing, that is, from kip and round to kip-position, just like a forward somersault. Care must be taken when doing this stunt at the end of the backward swing as quite a pull is executed on the arms.

DISLOCATION:

From kip-position, refer to previous explanation.

CUT: (Both legs and grip the rings again)

The Cut is executed forward, at the end of the backward swing from a kip-position. The "Cut" must be done when the rings are at the height of the backward swing; if done too soon, the momentum of the body is greater than that of the rings, with the result that the gymnast will be carried backward, out of reach of the rings.

DISMOUNTS.

FROM STRETCH-HANG: (without swing)

The hands let go, and a knee-bending-stretching-and heel lowering follows. A usual mistake is that the gymnast falls forward due to an overarched back in stretch-hang.

FROM FRONT REST:

Usual dismount: The rings are pushed straight out to the sides, the hands let go and the arms are brought into the sides.

CUT FROM STRETCH-HANG:

Pendelswing in stretch-hang. A forceful forward swing brings the body up to stoop-hang, the hips somewhat bent, and legs apart. Do not let the hands go immediately when the legs touch the arms as the body must get a swing momentum upward. The body is vigorously stretched out and the legs brought together. A usual mistake is that the body is not stretched out, with the result that one has a tendency to fall backwards. With quite a straight body the dismount may be executed as a continuation of a fall back from front-rest position. May be used also with swinging rings, but is dangerous to do so at the end of the backward swing.

CUT FORWARD:

From kip-position with a swing, both legs on the outside of the arms. The hands do not let go until the body has a swing-momentum forward-upward. May easily be supported by partner holding the back of the neck. This dismount is used also with swinging rings.

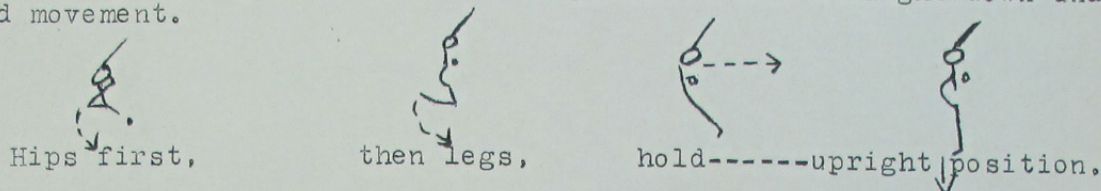
DISLOCATION:

From kip-position the body is quickly stretched out, in the backward upward direction of the legs, and with a pull up on the arms (preferably straight) and the hands let go. A usual mistake is that the gymnast releases his hold too soon.

Rings--6.

DISMOUNT FORWARD IN SWINGING RINGS:

To kip-position in back swing, which is held in the forward swing. Just before the forward momentum is lost, (better too soon than too late), the hips and the legs are swung DOWNWARD-BACKWARD (not upward-forward). The body will then swing so that one is leaning forward for a moment, but do not let go until the rings, in the following backward swing, have brought the body to an upright position, when the gymnast falls straight down under controlled movement.



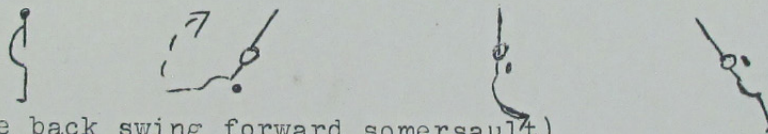
As a dismount from swinging rings, the foregoing one from kip-position is always the best one, and the easiest to learn. Regardless of the speed of the swing, it will be the surest dismount, always.

Usual Mistakes: That the body and the legs are brought forward upward as in "Swing-increase", which is very dangerous.

2. That the timing is misjudged, so that the body, even in the upright position, has too much momentum forward or backward. This latter will result in an uncertain landing. NEVER LET THE RINGS GO TOO SOON!

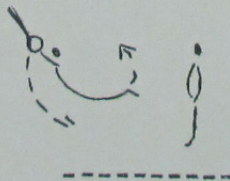
FLY-AWAY: (In the forward swing-back somersault)

Towards the finish of the forward swing, the legs and the body (straight) are brought forward upward with a forceful swing. The hands release their hold and a back somersault is executed. The arms are brought in to the sides in the landing. A slight bend of the hips in the first part of the swing, with a following "hollow back", will give the body a momentum which will greatly assist in the back somersault.



FLY-AWAY: (In the back swing forward somersault)

At the end of a backward swing (good speed) while the legs and the body still have the momentum of the swing backward and upward, the hands let go and a "tuck" position is quickly taken. (The trunk and the arms are brought forward towards the legs). The body is stretched and the gymnast will land facing the rings.



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OUTLINE OF HEALTH COURSE.

(Elementary Anatomy, Physiology, and Hygiene.)

"Why study Health?"

The human body--a definition.

The cell doctrine. Structure (protoplasm, cytoplasm, nucleus) and chief characteristics of cells (reproduction and specialization).

Kinds of tissue (epithelial, connective, blood, muscle, and nervous).

General structure of organs. Significance of cell doctrine. Definition of a system or apparatus.

The skeletal system. Functions: shape, support, protection. Structure: cavities--dorsal (spinal canal); cranial; ventral (thoracic, abdominal, pelvic); buccal; and nasal. Bones--mineral and organic matter; compact and spongy texture; medullary canal. Kinds of bones--long, short, flat, irregular. Bones of the skull, the upper and lower extremities, the ribs, the spine, and the pelvis. Joints--movable and immovable. Kinds of bodily movements--flexion, extension, abduction, adduction, rotation, circumduction. Bone injury. Some abnormal conditions of the feet. Causes of, and treatment for flat feet. Treatment for common sprains.

The muscular system. Functions: movement, shape, protection, support. Composition of a muscle (belly, tendons). Kinds of muscles--striped or striated, and plain; voluntary and involuntary. Action of antagonistic muscles. Origin, insertion, and action of the more prominent outer muscles of the face (masseter); neck (sternocleidomastoid); back (trapezius, latissimus dorsi); chest (pectoralis major and minor); abdomen (external and internal oblique, and rectus abdominis); upper limbs (deltoid, biceps, brachialis, triceps, pronators, flexors, extensors, supinators); lower extremity (glutei, psoas, posterior femoral, quadriceps, sartorius, gastrocnemius, and soleus).

The skin system. Functions: protection, organ of feeling, heat regulator. Structure: epidermis (superficial and germinative layers); derma (papillae and vascular layers); and subcutaneous layer (fat cells and sweat gland coils). Some skin eruptions. Function of sweat glands. Insensible and sensible perspiration. Structure and functions of the hair (follicle, papilla, arrector muscle) and the nails (matrix, lunula). The skin as a heat regulator. Abnormal temperatures of the body. Chills. Effects of bathing in cold, hot, and tepid water. Shower baths. Room temperature.

The digestive system. Processes of digestion defined. Structure and functions of the alimentary canal (mouth, pharynx, esophagus, stomach, pylorus, small and large intestines). Inflammation of the vermiform appendix, and general treatment. Functions and classes of food (carbohy-

Outline of Health Course--2.

drates; proteins; fats; water; minerals; and vitamins). Organs responsible for their digestion and absorption: teeth, tongue, cheeks, salivary glands, stomach (gastric juices), pancreas, liver (bile), small intestine, large intestine. Some simple eating rules.

The excretory system. The more constant waste products: Water, carbon dioxide, feces, salts, and urea. Structure and functions of the kidneys (ureter, urethra). N.B. For elimination by the skin--see above; for elimination by the lungs--see below.

The vascular system. Structure of the blood: white and red corpuscles; haemoglobin; serum. Functions of the blood: transportation and protective agency. Functions of lymph and lymph nodes. General or systemic, and pulmonary circulation of the blood. Action of the heart (auricles, ventricles); the arteries, the capillaries, and the veins. Heart injuries.

The respiratory system. The process of oxidation. The concept of respiration. Structure of the respiratory organs (trachea, bronchi, alveoli or air-sacs). The acts of inspiration and of expiration. Protective functions of the mucus and the cilia. Nasal breathing. Functions of the uvula, the larynx, and the epiglottis. Hygiene of the respiratory system: prevention of infection; dust; deep breathing. Some modern means of examining the lungs: percussion, auscultation (stethoscope), and the X-ray.

The nervous system. The neurone: its structure (dendrites, nerve-cell proper, axon, nerve ending), and its functions (receive and transmit impulses). General structure of nerves and of ganglia. Functions of the medulla oblongata, the cerebellum, and the cerebrum. The chief functions of the sympathetic system. The ductless glands: general structure and functions of the more prominent endocrine glands--pituitary, thyroid, thymus, adrenal, islets of Langerhans, gonads. The special senses: sight, hearing, smell, touch, taste.

The reproductive system. Who will explain "the secrets of life?" Essential difference between man and woman: the organs of reproduction--testes (sperms) spermatic cord, seminal vesicles (semen); vagina, uterus, Fallopian tubes, ovaries (ovum). Union of sperm and ovum: the morula--germinal area (epiblast, mesoblast, endoblast). Respiration and nutrition of the foetus--umbilical cord and placenta. General concept of labour. The venereal diseases: gonorrhoea and syphilis, and their prevention.



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